

# State of the Heart

## Cardiovascular Disease in South Carolina



### Burden of Disease:

- Nearly one million Americans die each year from cardiovascular disease (CVD), which includes heart disease, stroke, high blood pressure, congestive heart failure, and other diseases of the circulatory system.
- CVD is South Carolina's leading killer for both men and women among all racial and ethnic groups.
- During 2005, 12,693 South Carolinians died from cardiovascular disease – more than the total number of people who died from all cancers, pneumonia, influenza, and car accidents combined.
- Heart disease and stroke accounted for 85,962 hospitalizations in South Carolina during 2005, with a total hospitalization cost of more than \$3 billion.

### Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- One out of every four adults in South Carolina smokes.
- Smoking contributes to 25 percent of heart disease conditions each year.

### Overweight and Obesity

- More than 60 percent of South Carolina adults are overweight or obese.
- Being overweight contributes to 32 percent of heart disease deaths each year.

### Sedentary Lifestyle

- Less active, less physically fit persons have a 30 to 50 percent greater risk of developing high blood pressure.
- Physical inactivity contributes to 27 percent of deaths from heart disease annually.
- More than 54 percent of adults in South Carolina are irregularly active or inactive.
- Physical inactivity is more common among women than men in South Carolina.

### Hypertension (High Blood Pressure)

- People with hypertension have three to four times the risk of developing heart disease than those without high blood pressure.
- Hypertension contributes to 30 percent of heart disease deaths each year.
- Nearly one out of every three adults in South Carolina has hypertension.

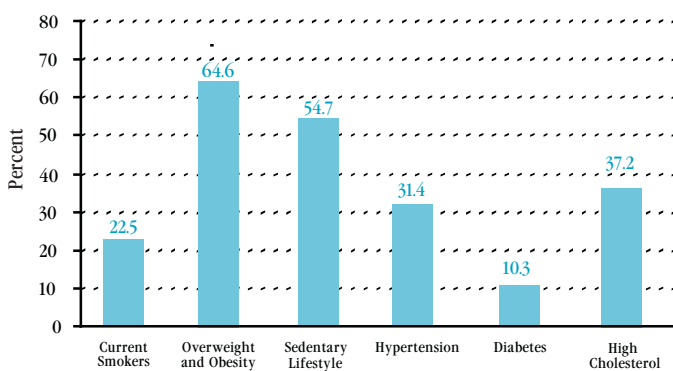
### Diabetes

- Two-thirds of people with diabetes die of heart disease or stroke.
- Diabetes contributes to 13 percent of heart disease deaths each year.
- Nearly one out of every 10 South Carolina adults has diabetes.

### High Cholesterol

- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- High cholesterol contributes to over 4,000 deaths from heart disease in South Carolina each year.
- High cholesterol affects 37 percent of South Carolina adults.

Prevalence of CVD Risk Factors



Data Source: South Carolina Behavioral Risk Factor Surveillance System 2005

### Risk Factors for South Carolinians:

**Estimated Economic Cost of CVD in the United States in 2007**  
 \$283.2 billion in direct costs (i.e., physicians, hospital, medications)  
 \$148.6 billion in indirect costs (i.e., loss in productivity)

# Stroke

## *in South Carolina*



### **Burden of Disease for South Carolinians:**

- Stroke is a leading cause of serious, long-term disability in the United States.
- South Carolina had the second highest stroke death rate in the nation in 2003 and is among a group of Southeastern states with high stroke death rates that is referred to as the "Stroke Belt."
- Stroke is the third leading cause of death in South Carolina, resulting in 2,449 deaths during 2005.
- African-Americans are more than 46 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 14,459 hospitalizations in South Carolina during 2005.

### **Modifiable Risk Factors for Stroke:**

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- Physical inactivity

### **Warning Signs of Stroke:**

- Walk - is balance off?
- Talk - is speech slurred or face droopy?
- Reach - is one side weak or numb?
- See - is vision all or partially lost?
- Feel - is headache severe?

### **How to Reduce Your Risk of Stroke:**

- Getting your blood pressure checked
- Staying active
- Eating a healthy diet
- Using less salt
- If you drink alcohol, drinking in moderation
- Getting your cholesterol level checked
- Staying smoke-free

### **Economic Cost of Stroke:**

- Hospitalization costs of stroke totaled more than \$400 million in 2005 for South Carolina.
- The total cost of stroke in the United States for 2007 is estimated at \$62.7 billion (both direct and indirect costs).

### **For more information on cardiovascular disease prevention in South Carolina, please contact:**

Bureau of Community Health and Chronic Disease Prevention

Heart Disease & Stroke Prevention Division

1800 St. Julian Place

Columbia, SC 29204

(803) 545-4500

<http://www.scdhec.gov/hdsp>

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and the environment*